



---

# **Elder and Long Term Care Committee**

**Wednesday, January 25, 2006  
10:00 AM – 11:00 AM  
Reed Hall (102 HOB)**

## **Action Packet**

## COMMITTEE ATTENDANCE ROLL CALL

The Committee on Elder and Long Term Care  
met at 10:00 AM o'clock on Jan. 25, 2006 with the following attendance:

[illegible]

Rep. H. Gibson, III  
Chair

H-83

H-83

H-83

H-83

HOUSE AMENDMENT FOR COUNCIL/COMMITTEE PURPOSES

Amendment No. 1 (for drafter's use only)

Bill No. HB 377

COUNCIL/COMMITTEE ACTION

ADOPTED \_\_\_\_\_ (Y/N)  
ADOPTED AS AMENDED \_\_\_\_\_ (Y/N)  
ADOPTED W/O OBJECTION ☒ (Y/N)  
FAILED TO ADOPT \_\_\_\_\_ (Y/N)  
WITHDRAWN \_\_\_\_\_ (Y/N)  
OTHER \_\_\_\_\_

Council/Committee hearing bill: Elder & Long Term Care  
Representative(s) Gibson offered the following:

**Amendment (with title amendment)**

Remove everything after the enacting clause and insert:

Section 1. Paragraphs (a), (b), and (c) of subsection (2)  
of section 651.035, Florida Statutes, are amended to read:

651.035 Minimum liquid reserve requirements.--

(2)(a) A provider shall maintain in escrow as a debt  
service reserve an amount equal to the aggregate amount of all  
principal and interest payments due during the fiscal year on  
any mortgage loan or other long-term financing of the facility,  
including taxes ~~and insurance~~ as recorded in the audited  
financial statements required under s. 651.026. The amount shall  
include any leasehold payments and all costs related to such  
payments ~~same~~. If principal payments are not due during the  
fiscal year, the provider shall maintain in escrow as a minimum  
liquid reserve an amount equal to interest payments due during  
the next 12 months on any mortgage loan or other long-term  
financing of the facility, including taxes ~~and insurance~~. ~~For~~  
~~the purpose of this paragraph, the amount of property insurance~~  
~~premiums used in calculating the debt service reserve shall not~~

HOUSE AMENDMENT FOR COUNCIL/COMMITTEE PURPOSES

Amendment No. 1 (for drafter's use only)

Bill No. **HB 501**

COUNCIL/COMMITTEE ACTION

ADOPTED \_\_\_\_\_ (Y/N)  
ADOPTED AS AMENDED \_\_\_\_\_ (Y/N)  
ADOPTED W/O OBJECTION ☒ (Y/N)  
FAILED TO ADOPT \_\_\_\_\_ (Y/N)  
WITHDRAWN \_\_\_\_\_ (Y/N)  
OTHER \_\_\_\_\_

Council/Committee hearing bill: Elder & Long-Term Care  
Committee

Representative(s) Clarke offered the following:

**Amendment (with title amendment)**

Remove everything after the enacting clause and insert:

Section 1. Chapter 429, Florida Statutes, is created, to  
be entitled "Assisted Care Communities."

Section 2. Sections 400.401, 400.402, 400.404, 400.407,  
400.4071, 400.4075, 400.408, 400.411, 400.412, 400.414, 400.415,  
400.417, 400.4174, 400.4176, 400.4177, 400.4178, 400.418,  
400.419, 400.4195, 400.42, 400.421, 400.422, 400.423, 400.424,  
400.4255, 400.4256, 400.426, 400.427, 400.4275, 400.428,  
400.429, 400.4293, 400.4294, 400.4295, 400.4296, 400.4297,  
400.4298, 400.431, 400.434, 400.435, 400.441, 400.442, 400.444,  
400.4445, 400.447, 400.449, 400.451, 400.452, 400.453, and  
400.454, Florida Statutes, are renumbered as sections 429.01,  
429.02, 429.04, 429.07, 429.071, 429.075, 429.08, 429.11,  
429.12, 429.14, 429.15, 429.17, 429.174, 429.176, 429.177,  
429.178, 429.18, 429.19, 429.195, 429.20, 429.21, 429.22,  
429.23, 429.24, 429.255, 429.256, 429.26, 429.27, 429.275,  
429.28, 429.29, 429.293, 429.294, 429.295, 429.296, 429.297,



# Ways to Best Protect Against Alzheimer's Disease

Gary W. Arendash, Ph.D.  
The Byrd Alzheimer's Center and Research Institute

- 1) Keep your blood pressure normal in mid-life (that means less than 140 mm systolic pressure)
- 2) Keep your cholesterol (LDL) levels normal in mid-life (take statins if needed)
- 3) Maintain high intake of fruits and vegetables in mid-life (at least 5 serving per day and varied in color)
- 4) Take antioxidant supplements (Vitamin E: 200-400 IU twice daily and Vitamin C: 250-500 mg twice daily)
- 5) Maintain a diet low in saturated fats (low amounts of oleo, margarine, butter)
- 6) Drink modest amounts of alcohol (no more than 3-4 drinks per day) – optional
- 7) Intake modest amounts of caffeine (around 500 mg/day = 5 cups of coffee) – optional
- 8) Lead a lifestyle rich in cognitive activity, accompanied by physical and social activity

Note: The above recommendations should be implemented after consulting with your physician.